

Cuisinart® INSTRUCTION BOOKLET

Recipe
Booklet
Included



SmartPower™ Deluxe™ 600-Watt Blender

SPB-600C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. **Never put hands into the blender jar, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
11. When blender is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your blender unattended while it is running.
16. Twist locking ring on firmly. Injury can result if moving blades accidentally become exposed.

17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart SmartPower™ Deluxe™ 600-Watt Blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.
18. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
19. **WARNING:** TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.
20. **WARNING:** FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance is of the grounded type. If you use an extension cord, it should be a grounded type 3-wire cord, the marked electrical rating of which should be at least the same as or greater than the electrical rating of the appliance. If the plug does not fit, contact a qualified electrician. Do not modify the plug in any way.

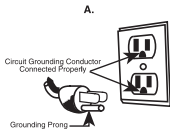
This appliance comes with a resettable thermal fuse to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see “To reset the unit,” #5 on page 5).

Maximum of 600 watts rated power is based on Cuisinart AFP-7 food processor attachment. Other attachments may draw significantly less power.

SPECIAL CORD SET INSTRUCTIONS

NOTICE

For your protection, this unit is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.



NOTE: Do not remove the grounding prong.

CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower™ Deluxe™ 600-Watt Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Carefully lift blender base from box and set aside.
4. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.

To assemble the blender, follow the Assembly Instructions on page 4 in this instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

TABLE OF CONTENTS

Important Safeguards	2
Unpacking Instructions	3
Features and Benefits	4
Assembly	4
Helpful Reminders	4
Operation	5
Cleaning and Maintenance	6
DOs and DON'Ts	6
Warranty Information	7
Quick Reference Guide (recipe booklet)	10

FEATURES AND BENEFITS

1. Cover

Just press on. Tightfitting seal resists leakage.

2. Measured Pour Lid

Allows you to measure and add ingredients without removing the cover.

3. 48-oz. (1.4 L) Glass Jar

Has a unique, sturdy, wide-mouth design.

4. Leak-proof Rubber Gasket (not shown)

Holds the glass jar snugly in position for safe operation.

5. High-quality Cutting Assembly with Patented Stainless Steel Blades

Is strong enough for all blending tasks, including tough jobs like crushing ice.

6. Locking Ring

Is self-aligning so that the glass blender jar slides easily into position.

7. Electronic Touchpad Controls

a. On/Off Button

Turns blender on or off.

b. High Button

Choose High speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.

c. Low Button

Choose Low speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.

d. Ice Crush Button

Press Ice Crush and begin crushing. This button is the best speed for crushing ice.

e. Pulse Button

Allows you to pulse at High, Low or Ice Crush speeds, so you can blend ingredients only as much as needed.



Note: Blades are sharp. Handle carefully.

8. Heavy-duty Motor Base

Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing!

9. Slip-proof Feet

Prevent movement during use and prevent damaging marks on countertops or tables.

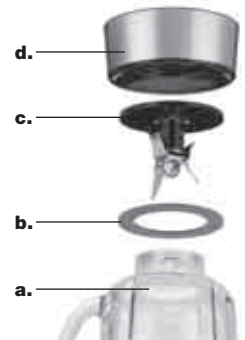
10. Cord Storage (not shown)

Keeps countertop safe and neat by conveniently storing excess cord.

ASSEMBLY

To use your Cuisinart® SmartPower™ Deluxe™ 600-Watt Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.



Note: Blades are sharp. Handle carefully.

4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.
5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- **Warning:** Do not place blender jar on base while motor is running.

- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquids or solid frozen foods (with the exception of ice cubes or ½-inch [1.3 cm] pieces of frozen fruit) should never be put into the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Do not put very hot liquids or foods into a blender jar that has come directly from the freezer. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Follow Cleaning and Maintenance instructions on page 6, prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® SmartPower™ Deluxe™ 600-Watt Blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly Instructions. Once the jar is assembled and is in position on the motor base, plug the unit into an electrical outlet.
2. Put all necessary ingredients into the blender jar and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. Do not put hands into blender jar with blender plugged in.

Note: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

Note: To remove blender jar cover, lift edge of cover upward. Lifting measured pour lid will not remove cover.

3. **Start blending:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on but no speed has been selected.



4. **Choose blending speed:** Press High, Low or Ice Crush buttons to determine the speed at which you would like to blend the ingredients. Both the On indicator light and the activated speed indicator lights will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds

without pressing the On/Off button, by simply pushing another speed button.

WARNING: FLASHING RED LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

5. **To reset the unit:** This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes. Then, reduce the contents of the blender jar and/or clear any jams. Restart the unit as noted in the operating directions.
6. **To pause or stop blending process:**
 - a. **To pause blending process:** Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button and the blender will stop blending but the unit will remain on.
 - b. **To stop blending process:** Push the On/Off button when you are finished with your recipe and would like to turn the blender off.
 - c. **To prevent excessive stress to the motor:** Your blender incorporates an auto-stop feature. After running continuously for two minutes, the blender will automatically revert to Standby mode. To continue blending, press the desired function.
7. **Pulse mode:** The Pulse mode allows you to create a burst of power for quick, efficient blending. To use the Pulse function, push the On/Off button and the red LED indicator light will illuminate. Push the Pulse button and the Pulse LED indicator light will blink. Push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, the LED indicator light will glow. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.
8. **To crush ice:** The SmartPower™ Deluxe™ 600-Watt Blender motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To crush ice, place ice cubes in the blender jar. Press the On/Off button. The On indicator light will illuminate. Press the Ice Crush button until ice is crushed to desired consistency.

Ice Crush can also be used in Pulse mode. See Recipe Tips section on page 10 of the recipe booklet for more details.

9. **To dislodge food:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. Do not use spatula until you have turned the blender off. Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
10. **When finished blending:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. Do not put hands into blender jar with blender plugged in.

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower™ Deluxe™ 600-Watt Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise.

Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.

Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and

carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

DOs and DON'Ts WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the centre of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

DON'T:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring on motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½-inch (1.3 cm) pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don't run blender when jar is empty.

WARRANTY

3-YEAR LIMITED WARRANTY

We warrant that this Cuisinart product will be free of defects in material or workmanship under normal home use for 3 years from the date of original purchase.

This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners.

If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it

if necessary.

For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase or keep your original receipt for the duration of the limited warranty.

If the appliance should become defective within the warranty period, **do not return the appliance to the store.** Please contact our Customer Service Centre:

Toll-free phone number: 1-800-472-7606

Address: Cuisinart Canada

100 Conair Parkway

Woodbridge, Ont. L4H 0L2

Email: consumer_Canada@conair.com

Model: SPB-600C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

NOTE: We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at www.cuisinart.ca



Cuisinart®

Recipe Booklet

SmartPower™ Deluxe™ 600-Watt Blender

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favourites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the SmartPower™ Deluxe™ 600-Watt Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts

Put ½ cup (125 ml) shelled nuts into the blender jar and cover blender. Pulse on Low or High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup (125 ml) or less.

Bread, Cookie or Cracker Crumbs

Break or cut bread, cookies or crackers into pieces ½ inch (1.2 cm) or less in size. For best bread results, use day-old bread (drier bread works best). Put bread, cookie or cracker pieces in blender jar. Set on Low or High and pulse to chop, then run continuously until desired texture of crumbs is achieved. For best results, process 1 cup (250 ml) or less at a time.

Crushing Ice

Put up to 10 standard ice cubes into the blender jar. Cover. Pulse on Ice Crush, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Fresh Citrus Zest

For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Put strips and 1 teaspoon (5 ml) sugar or coarse salt (from recipe) into the blender jar. Cover blender jar. Run on Low for 15 to 20 seconds.

Baby Food

Combine ½-cup (125 ml) cooked vegetables, fruit or meat with 3 to 4 tablespoons (45-60 ml) liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Run on Low for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese

Cut cheese into ½-inch (1.3 cm) pieces; remove all outer hard rind. Put cheese into blender jar. Pulse on Low to chop cheese, 10 to 12 times, then run until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices

For best results, blender jar and cutting assembly must be clean and dry. Put ¼ to ½ cup (50-125 ml) of spices/seeds/peppercorns into blender jar. Pulse on Low or High to break up, then run for 20 to 40 seconds.

Whipping Cream

If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Put 1 cup (250 ml) heavy or whipping cream into blender jar. Cover jar. Pulse on Low 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon (15 ml) sugar and 1 to 2 teaspoons (5-10 ml) of vanilla or other flavouring. Consistency with be that of a thickened but not fluffy whipped cream, and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then put ½ to 1 cup (125-250 ml) of the reserved cooking liquid into the blender jar along with the cooked solids. Pulse on Low to chop, then run on Low or High until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the lid to lift up from the blender jar.

Keep your blender out on the counter within easy reach, and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup (250 ml) of warm water and a drop of liquid dish soap to the blender jar. Cover and run on Low or High for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired speed button
To change speeds	Press desired speed button
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed
To crush ice	In Standby mode, press Ice Crush button
To stop blending (and deactivate blender)	Press On/Off button
To stop blending (in High, Low or Ice Crush speeds)	Press any speed button
To stop blending (in Pulse)	Release speed button

SPEED SELECTION GUIDE

Refer to this guide to choose the best blender speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low or High	Completely blended and emulsified
Nuts (shelled, ½ cup [125 ml] or less at a time)	High – Pulse to chop	Coarse to fine
Heavy or whipping cream	Low – Pulse	Thick, creamy topping
Bread, cookies or crackers (add ½-inch [1.3 cm] pieces, 1 cup [250 ml] or less at a time)	High – Pulse first, then blend	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 teaspoons [5-10 ml] sugar or salt from recipe)	Low – Pulse first, then blend	Uniformly fine
Smoothies, shakes, health drinks	Low or High	Smooth, creamy and thick
Baby food/fruit and vegetable purée	High	Smooth and creamy
Frozen cocktails	High	Thick and slushy
Hard cheeses	High – Pulse first, then blend	Coarse to fine
Spices	Low or High – Pulse first, then blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

Immune Support Smoothie

When you are feeling rundown, this smoothie is a great pick-me-up!

Makes about 4 cups (1 L)

- ¾ cup (175 ml) pomegranate juice
- 1 mango, cut into 1-inch (2.5 cm) pieces
- 1 cup (250 ml) seedless grapes (red or green)
- 1 ripe persimmon, cut into 1-inch (2.5 cm) pieces*
- 1 kiwi, cut into 4 pieces
- 1 cup (250 ml) frozen strawberries
- 1 cup (250 ml) frozen blackberries
- 1 tablespoon (15 ml) wheat germ
- 1 tablespoon (15 ml) flax seed oil

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 40 seconds.
- Serve immediately.

*If persimmon is not available, any other ripe fruit can be substituted (mango, papaya, pineapple, etc).

Nutritional information per serving (1 cup [250 ml]):

Calories 163 (20% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 32mg • fiber 5g

Vitamin C Smoothie

This delicious smoothie is packed with vitamin C.

Makes about 5 cups (1.8 L)

- 1 cup (250 ml) orange juice
- 2 cups (500 ml) fresh strawberries, hulled and halved
- 1 small to medium orange, in segments, about ¾ cup (175 ml)
- 1 cup (250 ml) papaya, cut into 1-inch (2.5 cm) pieces (about ¼ large papaya)
- 1 cup (250 ml) mango, cut into 1-inch (2.5 cm) pieces (about 1 small mango)
- 2 cups (500 ml) frozen strawberries

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 30 seconds.
- Serve immediately.

Nutritional information per serving (1-cup [250 ml]):

Calories 287 (59% from fat) • carb. 26g • pro. 4g • fat 20g • sat. fat 12g
• chol. 46mg • sod. 167mg • calc. 33mg • fiber 2g

Super Protein Smoothie

Refresh with this smoothie after your workout.

Makes about 4½ cups (1.06 L)

- 1½ cups (375 ml) soy, almond or hemp milk (cow's milk may also be used)
- ½ cup (125 ml) plain or vanilla yogurt
- 1 banana, quartered
- 1 frozen banana, cut into ½-inch (2.5 cm) pieces
- 1½ cups (375 ml) mixed frozen berries
- 2 tablespoons (30 ml) protein powder
- 2 tablespoons (30 ml) honey (optional)

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup [250 ml]):

*Calories 72 (14% from fat) • carb. 13g • pro. 4g • fat 1g • sat. fat 0g
• chol. 2mg • sod. 46mg • calc. 37mg • fiber 1g*

Green Smoothie

A delicious way to get more healthy greens into your diet – you will be so surprised at how good they taste!

Makes about 5 cups (1.18 L)

- 1½ cups (375 ml) filtered water
- 1 banana, quartered
- 1 frozen banana, cut into ½-inch (1.25 cm) pieces
- 1 apple, cored, cut into 1-inch (2.5 cm) pieces
- 1 tablespoon (15 ml) flax seed oil
- 8 loosely packed cups of mixed fresh greens (chard, parsley, spinach and kale), roughly chopped

1. Put water, banana, frozen banana, apple and flax seed oil into the blender jar. Blend on High for about 15 seconds.
2. With the blender running on High, remove the pour lid from the blender cover and add the greens a handful at a time, until well blended and smooth, about 1½ minutes.
3. Serve immediately.

Nutritional information per serving (1 cup [25 ml]):

*Calories 95 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 56mg • calc. 58mg • fiber 3g*

Café au Lait “Shake”

It is easy to make delicious and thick coffee beverages at home. Plan ahead, as you need to make special ice cubes.

Makes about 4 cups (1 L)

- 6 ounces (177 ml) heavy cream or half-and-half
- 2½ cups (625 ml) strongly brewed coffee, divided
- 2 tablespoons (30 ml) granulated sugar

1. Mix the cream and ¾ cup (175 ml) of the coffee and pour into an ice cube tray. Put in the freezer overnight to freeze solid.
2. Once the cream and coffee are frozen, put the remaining coffee into the blender jar with the sugar. Add the frozen cubes and blend on High until fully blended, about 45 seconds to a minute. The drink is very thick, so it will take time to blend.
3. Serve immediately. It may be easier to scoop than pour.

Nutritional information per serving (½ cup [125 ml]):

*Calories 40 (54% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 2g
• chol. 8mg • sod. 10mg • calc. 24mg • fiber 0g*

Piña Colada

This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.

Makes about 5 cups (1.18 L)

- 1 cup (250 ml) good quality rum
- ½ cup (125 ml) unsweetened coconut milk
- 3 cups (750 ml) RIPE, fresh pineapple, cut into 2-inch (5 cm) pieces
- 1 cup (250 ml) coconut sorbet
- 1 cup (250 ml) frozen pineapple, cut into ½-inch (1.25 cm) pieces
- 6 ice cubes

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.
2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.
3. Drink may be slightly thin, so it is also great over ice.

Nutritional information per serving (½ cup [125 ml]):

*Calories 273 (15% from fat) • carb. 34g • pro. 1g • fat 5g • sat. fat 4g
• chol. 0mg • sod. 18mg • calc. 13mg • fiber 2g*

Frozen Rum Punch

A sweet and fruity summer party favourite.

Makes about 6 cups (1.4 L)

- ½ cup (125 ml) orange juice
- 1½ ounces (175 ml) fresh lime juice (the juice of approximately 2 limes)
- ¾ cup (175 ml) rum

- 1 tablespoon (15 ml) grenadine
- 3 cups (750 ml) fresh pineapple, cut into 2-inch (5 cm) pieces
- 1 pint mango sorbet
- 6 ice cubes

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup [125 ml]):

*Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g*

Frozen Mudslide

Makes about 6 cups (1.4 L)

- 1 cup (250 ml) milk
- ¼ cup (50 ml) Kahlúa
- ¼ cup (50 ml) vodka
- 2 tablespoons (30 ml) Irish cream liqueur
- 3 cups (750 ml) vanilla ice cream

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 to 45 seconds.

Nutritional information per serving (½ cup [125 ml]):

*Calories 232 (49% from fat) • carb. 22g • pro. 3g • fat 13g • sat. fat 8g
• chol. 46mg • sod. 48mg • calc. 89mg • fiber 0g*

Ricotta Pancakes

For an extra treat, mix a cup of berries gently into the batter before cooking.

Makes about 18 pancakes

- 1 cup milk (250 ml)
- 1 cup (250 ml) reduced-fat ricotta
- 2 large eggs, beaten
- ¼ cup (50 ml) unsalted butter, melted and cooled to room temperature
- ½ teaspoon (2 ml) pure vanilla extract
- ½ teaspoon (2 ml) orange zest
- ⅓ cup (75 ml) granulated sugar
- 1 cup (250 ml) unbleached, all-purpose flour
- ½ teaspoon (2 ml) ground cinnamon
- ½ teaspoon (2 ml) table salt
- 1½ teaspoons (7 ml) baking powder

1. Put the milk, ricotta, eggs, butter and vanilla into the blender jar. Run on High for about 15 seconds. Add zest and sugar and blend for an additional 10 seconds. Scrape the blender jar down with a flexible rubber spatula.
2. Add remaining dry ingredients and pulse on High for about 30 seconds until ingredients are well blended.
3. Prepare pancakes using a ¼-cup (50 ml) measuring cup to scoop pancakes onto prepared pan to cook.

Nutritional information per serving (2 pancakes):

*Calories 188 (42% from fat) • carb. 20g • pro. 7g • fat 9g • sat. fat 5g
• chol. 71mg • sod. 273mg • calc. 130mg • fiber 0g*

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. The crêpes can be filled with sweet items (cinnamon-sugar and fruit; whipped cream and chocolate) or savory (eggs and ham; vegetables and hollandaise).

Makes about 20 eight-inch (20 cm) crêpes

- 3 large eggs, room temperature
 - ¼ cup (50 ml) unsalted butter, melted and cooled to room temperature
 - ¾ cup (175 ml) unbleached, all-purpose flour
 - ½ teaspoon (2 ml) salt
 - 1 tablespoon (15 ml) granulated sugar
 - 1 cup (250 ml) reduced-fat milk, room temperature
 - 1 teaspoon (5 ml) pure vanilla extract
 - 1 teaspoon (5 ml) unsalted butter, room temperature
1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the pour lid from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
 2. Melt the teaspoon (5 ml) of butter in an 8-inch (20 cm) skillet set over medium heat. Once pan is hot, add a scant ¼ cup (50 ml) of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 minutes or until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.

Nutritional information per crêpe:

*Calories 56 (52% from fat) • carb. 5g • pro. 2g • fat 3g • sat. fat 2g
• chol. 39mg • sod. 77mg • calc. 22mg • fiber 0g*

Frittata Primavera

*Frittatas are a great alternative to traditional omelets.
Try this one – you will not be disappointed.*

Makes ten to twelve servings

- 1 tablespoon (15 ml) extra virgin olive oil
 - 1 small zucchini (about 4 ounces), shredded
 - 1 medium to large carrot, shredded
 - 1 medium red bell pepper, sliced
 - 6 medium mushrooms (firm white mushrooms work well), sliced
 - 1 small onion, sliced
 - ½ teaspoon (2 ml) kosher salt, divided
 - 10 large eggs
 - ¼ cup (50 ml) whole or reduced-fat milk
 - ¼ teaspoon (1 ml) freshly ground black pepper
 - nonstick cooking spray
 - 3 ounces (85 g) Parmesan, finely grated
 - 6 large basil leaves, torn into pieces
1. Preheat oven to 375°F (190°C).
 2. Put oil in a 12-inch (30 cm), oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe). Set over medium heat. Once oil is hot, add the vegetables with 1 to 2 pinches of the salt. Sauté until softened.
 3. While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender. Run on High until well combined and frothy.
 4. After the vegetables are cooked, remove and reserve in a small mixing bowl. Lightly coat the same pan with the nonstick cooking spray. Return the sautéed vegetables to the pan, pour the egg mixture over the vegetables, and then top with the cheese and basil. Let cook over medium-low heat until bottom is just set. Transfer to the preheated oven and cook until frittata is puffed and browned on top, about 20 to 25 minutes.
 5. After baking, let frittata sit for 5 minutes before slicing and serving.

Nutritional information per serving (based on 12 servings):

*Calories 117 (58% from fat) • carb. 3g • pro. 9g • fat 8g • sat. fat 3g
• chol. 183mg • sod. 264mg • calc. 114mg • fiber 1g*

Curried Coconut and Butternut Squash Soup

A smooth and mellow soup with inspiration from the East.

Makes about 5½ cups (1.3 L)

- 2 tablespoons (30 ml) butter or ghee*
- 1 small onion, chopped

- 1 jalapeño, seeded and finely chopped
 - 1 1-inch (2.5 cm) piece of ginger, peeled and finely chopped
 - 2 garlic cloves, finely chopped
 - 1 tablespoon (30 ml) curry powder
 - 1 butternut squash, about 2½ pounds (1.1 kg), peeled, seeded and cut into 2-inch (5 cm) cubes
 - 1 can (13.5 ounces) coconut milk
 - 1½ cups (375 ml) chicken broth, low sodium
 - ½ teaspoon (2 ml) kosher salt
1. Heat the butter or ghee in a 6-quart (5.7 L) saucepan set over medium-low heat. Once melted add the onion, jalapeño, ginger and garlic; stir. Add the curry powder and let sauté very gently for about 5 minutes; be careful to keep the heat low enough so that it will gently heat but the mixture will not burn.
 2. Stir in the squash well, to ensure that the ingredients are well coated. Add the coconut milk, broth and salt and bring mixture to a boil. Reduce to a simmer and continue cooking uncovered, stirring occasionally, until squash is tender, about 30 minutes.
 3. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients, gradually adding the remaining broth to reach desired consistency. Taste and adjust seasoning accordingly.
- *Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

Nutritional information per serving (1 cup [250 ml]):

*Calories 246 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 14g
• chol. 10mg • sod. 362mg • calc. 112mg • fiber 4g*

Roasted Red Pepper Soup

This soup is delicious either hot or chilled – your choice!

Makes about 5 cups (1.18 L)

- 6 red bell peppers, seeded
- ½ tablespoon (7 ml) unsalted butter
- 6 garlic cloves, roughly chopped
- 1 small shallot (about 1 ounce) roughly chopped
- ¼ small onion, roughly chopped
- 2 tablespoons (30 ml) sherry
- 2½ cups (625 ml) chicken broth, low-sodium
- 1½ teaspoons (7 ml) granulated sugar
- ½ teaspoon (2 ml) sea or kosher salt
- 1 to 2 pinches freshly ground black pepper

- ½ teaspoon (2 ml) orange zest
- ½ tablespoon (2 ml) white balsamic vinegar

1. Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.
2. While the peppers are roasting, put the butter into a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the broth and raise the heat to medium-high. Bring the broth just to a boil. Add the sugar, salt, pepper and zest. Reduce the heat to allow the mixture to simmer for about 5 minutes. Put into the jar of the blender.
3. Carefully take the skins off of the roasted peppers; cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.
4. Pulse on High 3 to 4 times to break up, and then run on High until smooth, about 1 minute.
5. Adjust seasonings to taste and serve either hot or chilled.

Nutritional information per serving (1 cup [250 ml]):

Calories 92 (15% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g
• chol. 3mg • sod. 524mg • calc. 24mg • fiber 4g

Creamy Dill Dressing

*A perfect match for a wedge of iceberg lettuce
or as a sauce on top of roasted potatoes.*

Makes about 3 cups (750 ml)

- 1 cup (250 ml) buttermilk
- 8 ounces (226 g) sour cream
- ½ cup (125 ml) light mayonnaise
- ⅔ cup (150 ml) packed fresh dill
- 1½ tablespoons (25 ml) fresh lemon juice
- ½ ounce (15 g) shallot (about ½ medium shallot)
- ½ teaspoon (2 ml) kosher salt
- freshly ground black pepper

1. Put ingredients into the blender jar in order listed.
2. Run on High for about 45 seconds until smooth. Can be used immediately. For the best flavor, allow to rest for at least 30 minutes so that flavors have the chance to blend and develop.

Note: Dressing will last up to 1 week stored in the refrigerator.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 20 (76% from fat) • carb. 1g • pro. 0g • fat 2g • sat. fat 1g
• chol. 4mg • sod. 55mg • calc. 11mg • fiber 0g

Hollandaise Sauce

A staple to Eggs Benedict, this rich, buttery sauce is also great over steamed vegetables.

Makes 1 cup (250 ml)

- ½ cup (125 ml) (¼ pound [125 g], 1 stick) unsalted butter
- 4 large egg yolks
- ¼ teaspoon (1 ml) kosher salt
- pinch ground mustard
- pinch freshly ground black pepper
- 1½ tablespoons (25 ml) fresh lemon juice

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a bubbling boil.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, run the unit on Low for about 30 seconds to combine.
3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle about 1 tablespoon (15 ml) of the hot butter through the opening and blend about 15 seconds to fully combine, then very slowly drizzle the remaining butter. Once all butter has been added, return the pour lid and continue blending for 45 to 60 seconds, or until thickened.
4. Taste and adjust seasoning as desired. Serve while still warm.

Note: To minimize splatter, use a dishtowel to shield the opening when pouring in butter.

Nutritional information per serving (1 tablespoon [15 ml]):

Calories 64 (94% from fat) • carb. 0g • pro. 1g • fat 7g • sat. fat 4g
• chol. 67mg • sod. 35mg • calc. 6mg • fiber 0g

Basic Vinaigrette

This simple vinaigrette is perfect over a salad of mixed greens and fresh vegetables. Substituting 1½ teaspoons (7 ml) of herbes de Provence for the combined basil/thyme/marjoram is an easy way to change it up a bit, and saves on the amount of dried herbs you need to have on hand.

Makes about 1 cup (250 ml)

- ¼ cup (125 ml) red wine vinegar
- 1 teaspoon (5 ml) Dijon-style mustard
- ¼ cup (50 ml) fresh parsley
- ½ teaspoon (2 ml) dried basil
- ½ teaspoon (2 ml) dried thyme
- ½ teaspoon (2 ml) dried marjoram
- ¼ teaspoon (1 ml) ground white pepper

- ½ teaspoon (2 ml) kosher salt
¾ cup (175 ml) extra virgin olive oil

1. Put the vinegar, mustard, parsley, spices and salt into the jar of the blender. Run on Low until combined, and parsley is finely chopped.
2. Once the mixture is combined, carefully remove the pour lid from the cover of the blender. Run the blender on Low and slowly add the oil through the opening. The process should take about 2½ minutes.
3. Taste and adjust seasonings as desired.

Nutritional information per serving (1 tablespoon [15 ml]):

*Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g*

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce. It freezes well, too!

Makes about 3 to 3½ cups (750 - 875 ml)

- 1 tablespoon (30 ml) extra virgin olive oil
5 garlic cloves, chopped
½ small onion, chopped
¼ bulb fennel, sliced
¼ teaspoon (1 ml) kosher salt, divided
1 28-ounce can whole plum tomatoes in purée
½ teaspoon freshly ground black pepper (2 ml)
½ teaspoon dried oregano (2 ml)
2½ tablespoons (40 ml) granulated sugar, divided
6 large leaves fresh basil, torn into small pieces

1. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, but not browned, about 5 minutes.
2. Add the fennel and a pinch of the salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.
3. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add spices, 2 tablespoons of the sugar and basil; let simmer 20 to 30 minutes, until thickened.
4. Transfer sauce to the jar of the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times. Adjust seasoning to taste.

Nutritional information per serving (¼ cup [50 ml]):

*Calories 33 (27% from fat) • carb. 6g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 163mg • calc. 15mg • fiber 1g*

Dairy-free Chocolate Mousse

This rich chocolate mousse is so good, you won't miss a thing!

Makes ten ½-cup (125 ml) servings

- 12 ounces (340 g) semi-sweet chocolate (roughly chopped) or chocolate chips
⅓ cup (75 ml) granulated sugar
½ tablespoon (7 ml) pure vanilla extract
1 cup (250 ml) soy milk
1 package silken tofu (14 to 16 ounces), drained and cut into 1-inch (2.5 cm) cubes

1. Put the chocolate, sugar and vanilla extract into the blender jar.
2. Put soy milk into a saucepan and place over medium heat. Bring milk just to a boil. Once milk is hot, pour over the chocolate in the blender and run on Low. Remove the pour lid from the blender cover and add the tofu cubes while the blender is still running on Low.
3. Blend until homogenous, scraping down sides as needed, about 45 seconds.
4. Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional Information per serving:

*Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat fat 6g
• chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g*

NOTES

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Printed in China/ Imprimé en Chine
10CC112809

G IB-9578A-CAN